

Intent:

To experience sport and leisure in the community and gain confidence in accessing a wide range of sports and activities.

		Cycle A (2023-24)	Cycle B (2024-25)	Cycle C (2025-26)
Autumn	1	<ul style="list-style-type: none"> Outdoor Leisure <i>To be aware of different types of outdoor leisure and how to access.</i> 	<ul style="list-style-type: none"> Outdoor in the Community <i>To be aware of and access a range of outdoor leisure within the local community.</i> 	<ul style="list-style-type: none"> Outdoor Leisure Activities <i>To experience a range of outdoor leisure activities.</i>
	2	<ul style="list-style-type: none"> Sports Centres <i>To gain an understanding of sports centres within the local area and how to access and attend.</i> 	<ul style="list-style-type: none"> Gym <i>To understand the function and purpose of a gym and experience a range of activities within them.</i> 	<ul style="list-style-type: none"> Fitness Classes/Groups <i>To take part in fitness classes/groups to gain an understanding of exercising with others.</i>
Spring	1	<ul style="list-style-type: none"> Indoor Recreational Activities <i>To be aware of and experience different indoor recreational activities.</i> 	<ul style="list-style-type: none"> Hobbies <i>To gain an awareness of different hobbies that can be accessed in adult life.</i> 	<ul style="list-style-type: none"> Outdoor Recreational Activities <i>To understand a range of outdoor recreational activities that can be accessed locally and regionally.</i>
	2	<ul style="list-style-type: none"> Fitness for Health <i>To understand the importance of fitness for everyday health and experience a range of exercises.</i> 	<ul style="list-style-type: none"> Fitness for Well-Being <i>To understand the impact of fitness on physical and mental well-being.</i> 	<ul style="list-style-type: none"> Fitness for Life <i>To gain an understanding of the importance of fitness to stay healthy in life.</i>
Summer	1	<ul style="list-style-type: none"> Local Sports <i>To be aware of different types of local sports and gain an understanding of how to access them.</i> 	<ul style="list-style-type: none"> National Sports <i>To be aware of national sports and how to access attending them.</i> 	<ul style="list-style-type: none"> Sport in the Community <i>To gain an understanding of sports in the community as a participant or viewer.</i>
	2	<ul style="list-style-type: none"> Social Leisure <i>To gain an understanding of a range of social leisure activities.</i> 	<ul style="list-style-type: none"> Indoor Social Leisure <i>To participate in local indoor leisure activities.</i> 	<ul style="list-style-type: none"> Outdoor Social Leisure <i>To participate in local outdoor leisure activities.</i>